



# Lift Lines

= No. 208, April 2018 =

Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208



## NEWS



We still have almost 2 months of skiing! Mother Nature keeps sending us more magical white powder. Let's make the most of it!

**PACRAT Racers** just canceled the Fun race at Timberline due to weather. But the Rat Attack party is still on, this time at Mt. Hood Meadows.

**Mt. Hood Meadows** brings us a big surprise: No more unlimited season passes! Multi-year pass holders have one more chance to renew the unlimited pass by May 31. Everyone else will be buying the Value Pass, with or without the optional Peak Days.

See part 3 of our series about **join pain** and **knee treatments**.

**April 18th**, come to the **NWSCC meeting** at the Round Table Pizza. See what's new in the wider ski world around us.

**On May 10**, come to our **Pizza party**, our quarterly club meeting, and a chance to participate in our club's elections.

**On May 12**, help us with our **adopted highway cleanup** and we'll reward you with lunch and some good company.

**Last Saturday** of each month, come to the **History Happy Hour** at the Mt. Hood Museum.

## Spring Skiing on Mt. Hood

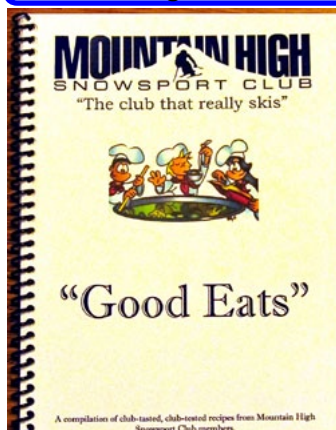
Spring Passes are now available everywhere on Mt. Hood.

**Timberline Spring Pass**, valid March 5 - May 28, costs \$139.

**Meadows Spring Pass**, valid March 12 till the end of season, is \$169.

**Skibowl Spring Pass**, valid till closing in mid-April, costs \$109.

## Mt. High Cookbook - Includes Chef Mezger's Recipes



Did you know that in addition to recipes from many of our members, this cookbook also contains recipes from Chef Kurt Mezger, from the Swiss Chalet in Welches. In fact, Chef Mezger is a member of both our Mountain High club as well as of the Mt. Hood Ski Kats club.

The cookbook is available for \$10. You can get one at our social events, or contact Debbi Kor at: [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net) or call 503-314-7078.



**In this issue:** Let's Connect (p. 2-3)  
PACRAT Rat Attack (p. 4)  
Highway Cleanup (p. 5)  
Mt. High Pizza & Elections (p. 6-7)  
Knee Treatments (p. 8)

Note the color code.  
Our club is blue.

## 2018 CALENDAR

**Blue:** Mountain High events  
**Maroon:** NWSCC / FWSA / Multi-club  
**Black:** General events

### APRIL

**Apr. 6 - 8:** Bachelor Blast  
**April 8 (Sun):** PACRAT Fun Race - Canceled  
**April 8 (Sun):** PACRAT Ski & Tee - Canceled  
**Apr. 14 (Sun):** Timberline adventure  
**Apr. 14 (Sat.):** PACRAT Rat Attack Awards  
**Apr. 18 (Wed):** NWSCC meeting - RT Pizza  
**Apr. 28 (Sat):** Pond Skim at Meadows  
**Apr. 28 (Sat):** History Happy Hour: Zig Zag Ranger Bill Westbrook  
**Apr. 30 (Mon.):** Mt. High Board Meeting

### MAY

**May 10 (Thur):** Mt. High Social & Elections  
**May 12 (Sat):** Mt. High Highway Cleanup  
**May 26 (Sat):** History Happy Hour: Hiking Mt. Hood NF Trails

### JUNE

**June 7 - 10:** Far West Convention - Reno  
**June 20 (Wed):** NWSCC & PACRAT Elections  
**June 30 (Sat):** History Happy Hour: Mt. Hood Geology, - Ryan Cole



## Let's go Spring Skiing together!

Spring skiing brings sunny days and fewer people on the slopes. This year, we are getting a prolonged winter with fresh powder coming down every few days. Enjoy it while you can!

Use the following tools to connect:

a) **Forums.** Go to [www.mthigh.org](http://www.mthigh.org) and click on either the All-club Forum or the Mid-Week Forum. Click on "Join this group" and participate in the chat. Select to receive **all** emails to be notified when someone responds to you.

b) **Mt. High Facebook page.** Find it on our web site, [www.mthigh.org](http://www.mthigh.org). Click on the Facebook button in the menu, and make sure to join this Facebook group, to be notified of new posts.

c) **Meet us in Sandy** on the days we pre-announce. We can arrange for some possible carpooling from there, or we can simply drive up to the mountain together. It's easier to find us there than to try to find us on the mountain.

If you miss us in Sandy, connect with us just before the lifts open.

**At Timberline**, we'll gather just outside the rear exit to the slopes, near the Ski Check. Usually on weekends.

**At Meadows**, find us in the cafeteria in the South day lodge near the Schuss restaurant (aka The Hamburger Place) around 8-8:30 a.m. Usually on Thursdays, but also on any good powder day.

d) **Use a 2-way radio** to connect with us on the slopes by tuning to channel **6-19**.. Just ask for any Mountain High members. If nobody answers, maybe they forgot to turn their radios on. Try again a half hour later.

### TRIPS web page

Yes, a **day trip** to Mt. Hood is also a trip, so check out the [TRIPS](#) page on our web site, and look for announcements about either mid-week or weekend trips to Mt. Hood. Then join us on the slopes on the pre-announced days.

### Timberline Adventures

You are invited to join Emilio almost every weekend on an excursion from Timberline onto less crowded slopes:

- a) **To Government Camp** along the Alpine, Glade, or Blossom trails. Or
- b) **To ski the canyons** west of Timberline: Zig Zag, Little Zig Zag, etc.

It depends on the snow. If it's too icy, we won't go. If the snow is good, it can be great!

### Mt. High Forum Tips

See the [Forum-All Club](#) and the [Mid-week forum](#).

\* If you are new to the Forum, you can **view** all the messages, but if you want to post your own, please click on "**Join this Group**" in the upper right of the Forum page.

\* If you don't see the "Join this Group" text in the upper right, that means you are already a member of the group.

\* If you receive an **email** whose subject matter starts with bracketed text such as: **[Mt High]**, it means this is an email from the group. If you reply to it, **you are replying to the whole group**.

\* **To start a new topic**, go to the Forum and click on the red "New topic" button.



### Q & A

**Q.** Why don't you tell people that you all ski at Timberline?

**A.** Well, actually, a relative minority of us skis at Timberline. The Timberline group just happens to be the most visible. Most of our club members who have a season pass, have a **Mt. Hood Meadows Pass**.

Unfortunately, the Meadows people seem to be a **silent** majority. They rarely use the Forum or the Facebook page to announce when they are going skiing.

The notable exception is a group of **advanced and expert mid-week skiers**. They ski powder, trees and bumps, and may be hard to keep up with, but they do announce their presence, and the best way to connect with them is through the [Mid-week forum](#)



## Mt. High

## Timberline Adventures



**Almost every weekend** (either Saturday or Sunday) in March, April and May, at least some of our members will be skiing at Timberline. We'll skip the first weekend in April, because of the Bachelor Blast. Skiing on a Sunday was requested, so let's go on **April 15**. Watch for announcements on our website, the Forum, Facebook, and emails.

We normally try to connect at **McDonald's** in **Sandy** around **7:30 - 7:45 am**. You can also meet us on the mountain, at **9 am**, at the Day Lodge exit near the stairs, outside, near the Ski Check. Or connect with us on a

**2-way radio**, channel **6-19**. See the info on weekend skiing on our TRIPS page at: [http://www.mthigh.org/Trips.htm#Weekend\\_day-trips](http://www.mthigh.org/Trips.htm#Weekend_day-trips) and watch for specific date announcements in our [All-Club Forum](#) and on our website, as well as occasional email updates.

When snow conditions are good, we can show you a different face of Mt. Hood. We can ski to Government Camp, or we can head west and explore some of the canyons. This gets us away from the crowds, we see new sights, and when the snow is just right, the ungroomed snow can be better than the slushy groomed trails.



## Mt. High

## Mid-week skiing at Meadows



Most of our Mid-week skiers ski at Mt. Hood Meadows. (though some also ski at Timberline & Skibowl). The Meadows group tends to be advanced and fast skiers.

Some carpool up from the Safeway in Sandy at 7 am, but your best bet to find the group is when they are **at the tables in the cafeteria area** about 20 - 30 minutes before the lifts open (which is at 9 am).

It's best to arrange meeting others through the [Mid-week forum](#), a Google group accessible from our web site.



## History Happy Hour - Meet Zig Zag Ranger Bill Westbrook



**April 28, 2018.** (Last Saturday of the month) 6:30 pm.

A conversation with Zig Zag Ranger Bill Westbrook about all things Mt. Hood.

Location: Mt. Hood Cultural Center & Museum  
Government Camp, Oregon  
(Next house up from The Taco Shoppe)

Doors open 6:30, presentation at 7 pm.

\$5 cash at the door. Beer & Wine available for purchase.

For more info about the Happy Hour lecture series, call the museum at 503-272-3301, [info@mthoodmuseum.org](mailto:info@mthoodmuseum.org)



## Speed Racers Corner

Edited by Alan Bean  
Mountain High Racing Director  
503-849-8009 or [Racing@mthigh.org](mailto:Racing@mthigh.org)



### Mt. High Cup

Congratulations to team **Will Ski For Beer**, the Winner of the second annual Mt. High Cup, defined as the lead club team after the first four races.

**Will Ski For Beer** will have their team name added to the trophy cup for 2018 which is displayed year round in the Mt. Hood Museum. Quite an accomplishment for the second year team which tied for the cup last year so hats off to Captain **Elyse Izer** for running away with it by 50 points over the always fast Avalanche Express. We wouldn't be surprised to see 8 Mt. High teams in the PacRat top ten this year so: Great job to all the dedicated Mt. High speed racers.

Your Racing director, Alan Bean,  
503-849-8009, [Racing@Mthigh.org](mailto:Racing@Mthigh.org)

### Mt. High Cup final standings

- 1 Will Ski for Beer
- 2 Avalanche Express
- 3 Awesome tAles
- 4 Let R Rip
- 5 Chilled Brewskis
- 6 Rattitudes
- 7 Mt. Hoodlums
- 8 Mixed Nuts
- 9 Moose On The Loose
- 10 So Edgy
- 11 Blizzardos
- 12 Schussing Shysters
- 13 Vertigo Madness

### Rat Attack - PACRAT Awards Party - Mt. Hood Meadows

**April 14, 2018 (Saturday).** This year's Rat Attack is at Mt. Hood Meadows. While this is a bit of a drive for all, we want to give back to Meadows for their great support of PACRAT racing. **Please RSVP to Sylvia at [sylviakearns@outlook.com](mailto:sylviakearns@outlook.com)** if you are planning to attend or are interested in the bus from Fred Meyer in Gresham and a Meadows bus that will leave from Govy.

**Location:** Mt. Hood Meadows - Vertical Restaurant Located in the North Lodge / Upper Level

**Date and Time:** Saturday, April 14, 4:30 - 8:30

**Dress/Theme:** 80's Night Theme. Dress in costume.

**Cost:** Racers are Free - All racers are allowed to bring a guest. The cost for a guest is \$25.00. Please bring cash/ checks only as there will be no credit card service available. (18 and over please)

**Social Hour:** Cocktails at 4:30 Full service no-host bar serving beer, wine, cocktails, soft drinks and coffee.

**Dinner:** Buffet Dinner served at 5:30 - Little Italy Buffet

**Awards after dinner:** Andy & Co. will be handing out awards, including team winners, King and Queen Rat, and all the other fun that goes along with it!

**\$2000 in door prizes - Including a GoPro Camera**

**We will also be selling 50/50 tickets, winner wins half the pot, so bring some extra cash.**

**Live Band:** After the awards we will head down to Charlie's in Government Camp for dancing to the music of "Thrillride". <https://thrillrideband.com> (Free admission to all Pacrat racers and dinner guests)

**Need a place to stay:** Discounted rooms at Huckleberry Inn. Mention that you are with PACRAT to receive a 10% discount on your room at the Huckleberry Inn. Call: [\(503\) 272-3325](tel:5032723325)

**Planning to Ski:** Discounted Lift Tickets at Mt. Hood Meadows. Show your PACRAT bib at the ticket window to get a discounted ticket.

**Bus Information:** Email Sylvia at [sylviakearns@outlook.com](mailto:sylviakearns@outlook.com) to snag your seat

4:00 pm departure from Huckleberry Inn, \$10 per person (gratuity included). PLEASE HAVE CASH TO PAY FOR YOUR BUS FARE AT TIME OF BOARDING. Bus will return to Govy at approximately 8:30 when we are finished. This is not a continuous bus service. The bus will make one trip to Meadows and one trip back.



## MOUNTAIN HIGH

## Upcoming events

## SNOWSPORT CLUB

## NWSCC Meeting



**April 18, 2018  
(Wednesday) 6 pm.**

**Location:**

Round Table Pizza,  
10070 SW Barbur Blvd,  
Portland, OR.

6:00 pm -- Socializing.

6:30 pm -- Meeting starts.

Pizza will be served; drinks on your own.

Come find out about what is happening in the ski club world, FWSA, and our ski areas! Guest speaker TBA.

## Sno-Kona Pond Skimming



**April 28, 2018 (Saturday)**

The 11th annual pond skimming contest at Mt. Hood Meadows, sponsored by Kona Brewing.

Each participant who successfully skims over the 100-foot pool of water, gets a chance to enter

the second and final round to win a trip to Hawaii. If more than one person skims the whole pond the second time, the winner will be determined by judging his/her style and costume.

There will be prizes for the top competitors as well as best costume, best splash and more!

Registration is \$30 per person, which includes a complimentary Kona beach towel and Kona beer. Ski poles are not allowed. See Meadows website:

[www.skihood.com/schedule-events/april1/pond-skim](http://www.skihood.com/schedule-events/april1/pond-skim)

## Mt. High

## Highway Cleanup

**May 12 (Sat.).** It's time for our Summer Cleanup of the 2 miles of Highway 26 we've adopted, from mile post 51 to 53, just west of Government Camp.

We'll meet at **10 am** in Skibowl's parking lot, and spend about 2 hours removing stuff people throw out along the highway. Let's see who will find the most interesting object! Bring some gloves. We will provide garbage bags and garbage pickers (Bring one if you have one).

At **noon**, lunch will be provided for all who participate in the cleanup. Most likely at the Ice Axe brew pub or at The Taco Shoppe in Government Camp.

We need only about 12 people. Please don't come unannounced.

**If you are planning to come please RSVP** by contacting **Debbi Kor**, 503-314-7078 or [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net)



## History Happy Hour - Hiking Mt. Hood NF Trails



**May 26, 2018.** (Last Saturday of the month) 6:30 pm.

Hiking Mt. Hood National Forest trails.

**Location:** Mt. Hood Cultural Center & Museum, Government Camp, Oregon. (Next house up from The Taco Shoppe)

Doors open 6:30, presentation at 7 pm.

\$5 cash at the door. Beer & Wine available for purchase.

For more info about the Happy Hour lecture series, call the museum at 503-272-3301, [info@mthoodmuseum.org](mailto:info@mthoodmuseum.org)



## Mt. High

## Mt. High Social &amp; Club Elections

**DATE:** May 10, 2018 (Thursday)**TIME:** 6:30 pm**PLACE:** Round Table Pizza  
10070 SW Barbur Blvd.  
Portland, OR

Pizza is on the club! Just buy your own drink. Everybody is invited! Come meet other club members, check out what's new.

**ELECTIONS:** We will hold our annual elections for 4 positions:

**President:** Debbi Kor**Vice-President:** Bill King**Secretary:** Debbie Geiger**Treasurer:** Nancy Pratt

If anyone else wants to run, please notify our elections coordinator



and past club president: Kurt Krueger at [telek2@frontier.com](mailto:telek2@frontier.com), 503-625-1492. See our web site for [ballots](#).

If you would like to be a "Board Member at Large", talk to our club president, Debbi Kor, 503-314-7078, [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net)

**If you are planning to come, please RSVP to Debbi Kor at [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net) by May 5.**



April 2017

## Bruno is a year old

**April 2018.** A year ago, Timberline Ski Area Sales Manager Kim Nylund became "mommy" to Bruno, a sweet purebred male St. Bernard, who is Timberline's mascot, patrolling the Wy'East Day Lodge. A year later, Bruno has grown into a full-sized dog.

If you see a St. Bernard dog near Timberline's Front Desk in the Main Lodge, that is Heidi, who is a year and a half older than Bruno.



March 2018

## Mt. Hood Meadows phases out Unlimited Pass

**April 2018.** Unlimited Passes will no longer be available. Instead of the Unlimited Pass, Meadows will offer a Value Pass with the option to add on peak days. Buy or renew by May 31. Here's why:

**Passholder Bonus Package** - receive a FREE bonus lift ticket and three discounted buddy lift tickets to use next season

**\$49 Lock in option is available** - Lock in your pass and all the incentives for \$49 and Meadows will charge the balance (plus a \$10 service fee) on September 17

People who have had a Meadows Season Pass for 2 or more years will have one more chance to renew the Unlimited Pass one last time, if they renew by May 31. See details on the [Meadows website](#).



MT. HOOD  
**MEADOWS**

These ballots will be available at the door. If you are unable to make the meeting, please fill out the enclosed ballot and email it to **Kurt Krueger** at [telek2@frontier.com](mailto:telek2@frontier.com). Due date for emailed ballots is May 5.

Or mail it to our PO Box 2182, Portland, OR 97208,, but please make sure it arrives at least a week early, by May 3rd..

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## **Mt. High Snowsport Club 2018 – ELECTIONS BALLOT**

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**Elections: Wednesday, May 10, 2018**

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**PRESIDENT:** The President shall be the CEO of the Club, shall chair the Board of Directors, shall preside over BOD and business meetings, may appoint additional Directors, shall delegate duties to officers, directors and committees as necessary, attend monthly meetings. – **Estimated average time per month: 5 hours plus monthly meeting.**

☐ **DEBBI KOR**

☐ \_\_\_\_\_ (write in)

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**VICE PRESIDENT:** The Vice President shall perform the duties of the President in the absence or inability of the President to act, shall be the liaison between the President and committees, attend monthly meetings – **Estimated average time per month 2 hours plus meeting.**

☐ **WILLIAM (BILL) KING**

☐ \_\_\_\_\_ (write in)

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**TREASURER:** The Treasurer shall have custody of all funds and all items of value that may come into Club's possession, keep complete records of funds, give financial reports at or before all regular Board meetings and at the annual meeting, be responsible for the management of all financial programs, make Club's billings, provide basic budget information, pick up club's mail at the P.O. Box., attend monthly meetings. – **Estimated average time per month: 5 hours plus meeting.**

☐ **NANCY PRATT**

☐ \_\_\_\_\_ (write in)

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**SECRETARY:** The Secretary shall take minutes, type and distribute these minutes at or before all Board Meetings except committee meetings. – **Estimated average time per month: 3 hours plus meeting.**

☐ **DEBBIE GEIGER**

☐ \_\_\_\_\_ (write in)

## Knee Treatments - Part 3 - additional options



**Physical therapy.** Strengthen the muscles around your knees. It will help to stabilize your knee. Raise your buttocks off the ground as in the picture. First with both legs, and then one leg at a time.

Some pain occurs when some muscles are stronger than others, therefore pulling in one direction. So, developing all your muscles equally can help alleviate the pain all by itself.

It is also important to **move** your legs to avoid stiffness. Walk, squat, ride a bike, dangle your lower leg, pivoting at the knee.



### Raisins soaked in Gin (Drunken Raisins).

Eat a teaspoonful of raisins soaked in gin once a day. Some say to eat exactly 9 raisins. Many people swear by this home remedy. It helps with any painful, arthritic joints, including your hands and fingers. Not a cure, but offers a relief.

Prepare a batch of golden (yellow) raisins by placing them into a large cup or jar and then pouring gin all over them. Drown them in gin

and let them sit for 2 or 3 weeks. The raisins will absorb the gin and some of the alcohol will evaporate. Some claim that this works only with golden raisins, not the brown ones.

Nobody knows exactly why this seems to work. Some think it might be the sulphur used in drying the raisins. Others think it might be that the juniper berries used in flavoring gin might have anti-inflammatory properties.



**Knee Braces.** Don't wait until you get injured to start wearing knee braces. Think of them as a "helmet" for your knees. Use the braces for prevention rather than a cure.

Some braces are simply made of stretchable material that wraps around your knee. But a more sturdy brace also includes metal plates joined by hinges that allow your knee to move forward and back but help stabilize any sideway or twisting movement.

A knee brace can take pressure off the part of your joint most affected by osteoarthritis and help relieve pain. If your knee feels like it might buckle when you put weight on it, a knee brace

can also help you stand and move around with more confidence.

Custom-made knee braces can cost more than \$1,500, but you can buy a brace like the one in the picture at a pharmacy for around \$30 - \$60.

## Summary

We have many options in treating and dealing with knee pain.

**Surgery** is one option, where your knee is scraped clean of obstacles, and some parts of your meniscus may be cut off. But this is invasive and should be considered only as a last option,

In Part 1 of this series of articles, starting in the December 2017 issue of Lift Lines (#204), Gerry Ignatowski described several treatments he has tried himself, including:

1. **Wearing a knee brace**
2. **Hyaluronic acid injections**
3. **Platelet Rich Plasma injections**

In the next 2 issues, we discussed some less expensive treatments and supplements, such as:

1. **Physical therapy**
2. **Glucosamine & Chondroitin**
3. **Hyaluronic acid pills**
4. **Olive oil** (anti-inflammatory)
5. **Raisins soaked in gin**

In a future issue, we will also publish Linda McGavin's experience with the latest treatment involving **Stem Cell and PRP injections**.



You feel good. You ski like a pro. You are on top of the world. Then suddenly: Pain in the knees!





## Northwest Ski Club Council Ski & Ride Challenge

Qualify for a prize: ski or snowboard in a single season at least 7 ski areas shown here: in British Columbia, Colorado, Hawaii, Idaho, Oregon, Montana, Washington, and Wyoming.

Just save your lift tickets and/or receipts or copy your season pass.



Also included:

**COLORADO**  
Breckenridge

**IDAHO**  
Bogus Basin  
Brundage Mt.  
Schweitzer Mt.  
Sun Valley

**MONTANA**  
Whitefish Mt.

**WYOMING**  
Grand Targhee  
Jackson Hole

**BRITISH COLUMBIA**  
Big White  
Silver Star  
Sun Peaks  
Whitewater  
Kicking Horse  
Fernie  
Kimberley  
Nakiska



Entry Form and Rules are posted on the NWSCC website at [www.nwski.org](http://www.nwski.org)

## 2017/2018 Ski & Ride Challenge

The NW Ski Club Council wants to encourage you to see and ski more places, ... and don't forget the small ones!

Ski or ride any 7 or more resorts during the 2017-2018 ski season to be eligible to win a prize. Just save your lift tickets or receipts, and mail them in at the end of the season.

Ski areas that count are all those in **Oregon, Washington, Hawaii**, as well as our commercial member resorts in **British Columbia, Colorado, Idaho** and **Wyoming** - as shown on the flyer here.

**Save your lift tickets** or receipts! Then, at the end of the season, mail them to the Northwest Ski Club Council, Ski Challenge, 5331 SW Macadam Avenue, Suite 258, Box 438, Portland, OR 97239.

Winners will be announced at the start of the following winter season, most likely in December.



### Hillcrest Sports 10% discount



Hillcrest Ski & Sports (our PACRAT bib sponsor) in Gresham, Oregon, will give NWSCC members a 10% discount by showing your card.

It's your Mt. High membership card, which also doubles as an NWSCC and FWSA membership card.

Hillcrest Sports is located on your way to and from Mt. Hood at: 2506 SE Burnside, Gresham, Oregon. 503-665-4455.

### The Taco Shoppe 20% discount



**Kevin Bastin**, the owner of the Taco Shoppe in Government Camp and also a Mountain High member, has offered us an even better deal than in the past. Instead of just an offer on the burritos, our members can now get a **20% discount off of any item on the menu!** But only 10% during summer. Thanks Kevin!

So, stop at **The Taco Shoppe** in Govy, right next to the Mt. Hood Museum, and get ready to experience something delicious. And say thanks to Kevin!

MOUNTAIN HIGH

FWSA Convention

SNOWSPORT CLUB

"The Voice of the Western Skier"



## Far West Convention

**June 7 - 10, 2018.** The annual Far West Ski Association Convention is coming up at The Atlantis Casino Resort Spa, 3800 S. Virginia Street, Reno, NV 89502, [www.atlanticasino.com](http://www.atlanticasino.com). It is hosted by the Bay Area Snow Sport Council and Sierra League and Council.. Members of all ski clubs in the West are invited to come and participate.



**Lodging** will be at The Atlantis Casino Resort Spa, 3800 S. Virginia Street, Reno, NV 89502, [www.atlanticasino.com](http://www.atlanticasino.com). Phone: 800-723-6500.

### What Happens at a Far West Convention?

Events include a **silent auction** on Friday Night, and the **Travel Expo** (where delegates meet one-on-one with resort personnel to plan future trips ) on Saturday morning. Attend **educational leadership panel sessions** such as Improving Social Media savvy and the latest equipment, meet and greet with **ski personalities** like Billy Kidd and Charlie Linville, and attend the **awards banquet and dance** on Saturday night. There will be a business meeting on Sunday, at which time officers are elected, and other Association business takes place, as well as a sponsored Brunch, and LOTS of door prizes to be given away. All of these events (and meals!) are included in your registration fee.

Also available (for an additional fee) are optional events such as a Golf Tournament, Rafting, Hiking, a Pub Crawl, and more.

### How do I Register?

It's so easy! You can (1) sign up with your club president/delegate chairperson (Debbi Kor), (2) complete the forms, write a check, and mail to the FWSA Convention Registrar (Jean McCasey), or (3) sign up online at <https://connect.fwsa.org/> and pay with PayPal. The registration form on the FWSA web site is at: <http://www.fwsa.org/Conventions/FW-2018Conv/Registration/pdfs/4f-2018-FWSA-Conv-Delegate-RegistrationForm-fillable-rev201802014.pdf>. That's all there is to it! You're in!

Now make your **online hotel reservations**, or call 800-723-6500, Group Name: "Far West Ski Association" at \$80 (Sunday - Thursday) and \$129 (Fri. & Sat.) per day per room, and you'll be golden! **Be sure to tell your club delegate chairperson** if you sign up directly so that you'll be included on the Credentials Form as a Voting Delegate! Mountain High club members should contact **Debbi Kor** at: 503-314-7078, [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net). She will coordinate all our delegates.

### How do WE and our CLUB benefit?

Mountain High Board of Directors has voted to reimburse club members who attend the convention as full voting delegates up to \$600 to be divided among the registered attendees. In addition, there are other incentives that will come directly back to Mountain High. These include:

Far West is offering the 6-pack incentive again this year, if we register before May 7, 2018. This offer provides 1 free registration (\$159) with every 6 paid. The reimbursement comes **AFTER** the convention. So, if we send 6, we'd get back \$159. If we send 12, we'd get back \$308. If we get enough delegates from our club, the club would receive this reimbursement, and the Board would decide how best to use it: split it up among the delegates, or use for a future club event.

**More questions?** Contact: **Debbi Kor**, Delegate Chairperson, 503-314-7078, [ijustwannarun1@comcast.net](mailto:ijustwannarun1@comcast.net)

**NOTE:** The Far West Convention is hosted by a different ski club council each year. In 2014, it was held in Oregon, and it will come back to Oregon in 2020. In 2016, it was held in Scottsdale, AZ. In 2017, it was in Boise, ID. In 2018, it will be in Reno, NV.



## MOUNTAIN HIGH

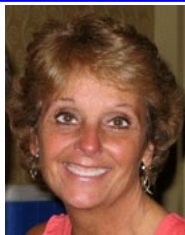
## Contacts / Club info

## SNOWSPORT CLUB

## 2018 Man &amp; Woman of the Year



**Bill King** is our club's Vice-President and the NWSCC Treasurer. He has helped to post the Safety Boundary signs on Mt. Hood.



**Debbi Kor**, our club's President and Social Activities director. She is also the FWSA VP Marketing & Sponsorship, and the FWSA News Flash Editor.

## Mountain High Meeting

Usually last Monday.

**April 30 (Mon.):** Open to all who want to get involved with the club. Gather at **6 pm**. Start at **6:30 pm**. **Location:** Round Table Pizza, 10070 SW Barbur Blvd. (near Capitol Hwy.)

## Mountain High snowsport club contacts:

<b>President:</b>	Debbi Kor	H: 503-314-7078,	<a href="mailto:President@mthigh.org">President@mthigh.org</a>
<b>Vice-President:</b>	Bill King	H: 614-371-4762	<a href="mailto:willie2k@ymail.com">willie2k@ymail.com</a>
<b>Secretary:</b>	Debbie Geiger	H: 971-716-9949,	<a href="mailto:pdxdebbie@gmail.com">pdxdebbie@gmail.com</a>
<b>Treasurer:</b>	Nancy Pratt	H: 503-593-9427,	<a href="mailto:Treasurer@mthigh.org">Treasurer@mthigh.org</a>
<b>Past President:</b>	Kurt Krueger	H: 503-625-1492,	<a href="mailto:PastPresident@mthigh.org">PastPresident@mthigh.org</a>
<b>Membership Director:</b>	Karen Michels	H: 503-984-9210,	<a href="mailto:skiklynn@gmail.com">skiklynn@gmail.com</a>
<b>Racing Director:</b>	Alan Bean	H: 503-849-8009,	<a href="mailto:Racing@mthigh.org">Racing@mthigh.org</a>
<b>Newsletter Editor:</b>	Emilio Trampuz	H: 1-503-378-0171,	<a href="mailto:newsletter@mthigh.org">newsletter@mthigh.org</a>
<b>Social Activities:</b>	Debbi Kor	H: 503-314-7078,	<a href="mailto:ijustwannarun1@comcast.net">ijustwannarun1@comcast.net</a>
<b>Trips Director:</b>	Linda McGavin	H: 503-652-2840,	<a href="mailto:Trips@mthigh.org">Trips@mthigh.org</a>
<b>Bike rides:</b>	Jackie Bonillo	H: 503-663-3359,	<a href="mailto:jbon1960@comcast.net">jbon1960@comcast.net</a>
<b>Mid-week skiing:</b>	Ken Brundidge	H: 503-720-0620,	<a href="mailto:KenBrundidge@comcast.net">KenBrundidge@comcast.net</a>

General info:  
[info@mthigh.org](mailto:info@mthigh.org)

Web site:  
[www.mthigh.org](http://www.mthigh.org)

## DOUGH TRANSMITTAL FORM

Mail check payable to: Mountain High Snowsport Club, PO Box 2182, Portland, OR 97208.

PLEASE PRINT CLEARLY: ☐ New membership or ☐ Renewal

Name(s): \_\_\_\_\_ Birthday (MM/DD) \_\_\_\_\_

Address: \_\_\_\_\_

Phone (Hm): \_\_\_\_\_ Phone (Wk): \_\_\_\_\_

Email (Hm): \_\_\_\_\_ Email (Wk): \_\_\_\_\_

**Email Preferences:**

- Newsletter (once a month): ☐ yes, link only ☐ yes, complete file ☐ no
- ☐ No changes - Club news & events (between newsletters): ☐ yes ☐ no
- (same as last year) - Other ski news (NWSCC, FWSA, ski areas, trips...): ☐ yes ☐ no
- Is it OK to share your email address with other club members? ☐ Yes ☐ No

I certify that I am 21 years of age or more. I acknowledge that I am responsible for my own safety and conduct. I hereby agree to be bound by all Mountain High Snowsport Club bylaws and regulations, including the Trip Cancellation Policy. I hereby release Mountain High Snowsport Club, and any of their agents (officers, directors, trip captains, and any other Club representatives) from liability for personal injury, property damage, or any other liability of any kind connected with my participation in any club-related activity. Furthermore, I agree to indemnify and hold the Club and any of their agents harmless from any and all liabilities of any kind which may be incurred or asserted against the Club or any of their agents in any way relating to my negligence or willful misconduct connected with my participation in the club's activities.

Please take my money, and apply it toward the following Ski Club fun stuff:

	Deposit?	Paid in full?
<input type="checkbox"/> <b>Annual Membership</b> (Oct. 1, 2016 - Sept. 2017): Single (\$30); couple (\$50)	\$ _____	_____
<input type="checkbox"/> <b>PACRAT Racing (2018)</b> \$110 for the whole season. Team: _____	\$ _____	_____
<input type="checkbox"/> <b>Mt. Shasta trip</b> (Jan. 5-7, 2018). Deposit = \$100.		
Prices: Adult=\$300, Senior(65+)= \$290, Super senior(70+)= \$260, w/o lift tix=\$248.	\$ _____	_____
<input type="checkbox"/> <b>Okanagan Adventure - Canada</b> (Jan. 20 - 27, 2018) Deposit = \$250.	\$ _____	_____
* Snowbird Lodge upgrade ... Add \$100.	\$ _____	_____
* Extra lift ticket at Silver Star (instead of rest day) = Adult \$65. Senior=\$52.	\$ _____	_____
<input type="checkbox"/> <b>Brundage Mt. trip</b> (Feb. 21-24, 2018). Deposit = \$150. Total = \$435 or less.	\$ _____	_____
* Snowcat skiing (optional) ... Add \$275.	\$ _____	_____
<input type="checkbox"/> <b>Other:</b> _____	\$ _____	_____
<b>Total:</b>	\$ _____	_____

Comments (For whom you are paying. Roommate requests,...): \_\_\_\_\_

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

See our Trips cancellation policy on our web site: <http://www.mthigh.org/Documents/Trip-Cancellation-Policy.pdf>

Checkmark all desired options.

### Club membership = 253      Newsletter Distribution

The April 2018 issue is posted on our web site. Also:  
**271** copies sent via email (as PDF file)  
 13 paper printed copies sent via US Mail.  
 Copies are also sent to potential members, other clubs,  
 the National Ski Club Newsletter, etc.

### Count Your Ski Areas

Set up your own counter of ski areas visited. Use a modified form of John and Jewel's spreadsheet with 3 added columns, for up to 3 more people. Make one of these your own. Enter a "1" for every ski area visited. See: <http://www.mthigh.org/Documents/North-American-Ski-Areas-2018-02-28.xls>

### Read More at Shred Hood



**Shred Hood**, a very informative online magazine, published by **Ben Jacklet**, covers everything related to Mt. Hood, including:

- \* [Mt. Hood's SideCountry skiing off of Palmer](#)
- \* [Eight Facts about the Active Volcano - Mt. Hood](#)
- \* [Seven Classic Ski Descents on Mt. Hood](#)
- \* [The History of Mount Hood: A Timeline](#)
- \* [Crag Rats Celebrate 90 Years of Rescues](#)
- \* [Peter Kakes and the 100 mph Arctic Man Skiing](#)

This is just a very small sample of the wealth of information available on the Shred Hood site. Check it out.

Subscribe to it for free. Just enter your email address in the blue box at [ShredHood.org](http://ShredHood.org)

### Seniors Skiing

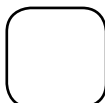
Here's another good resource for skiers and riders. Check out: [SeniorsSkiing.com](http://SeniorsSkiing.com).

The title is "Seniors Skiing", but there is tons of information here of interest to people of all ages.

Here are some examples:

- \* [Skiing Songs from the 60s](#)
- \* [Why There Aren't More Innovative Boots](#)
- \* [Mystery Glimpse - Who and Where?](#)
- \* [Pebble Creek: A Locals Area worth visiting](#)
- \* [There's Silver in Them Thar Hills](#)

You can subscribe to weekly or monthly emails from Seniors Skiing by clicking on the Community tab and then selecting "Subscribe".



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 Please check our web site,  
[www.mthigh.org](http://www.mthigh.org)  
 for updates.